

XT20 XTRAINER

The XT20 is a total body workout machine that combines independent lower and upper body resistance, which has been proven to provide better training results than any other cardio product.

KEY FEATURES

- Bi-directional or bilateral independent upper body motion/resistance
- 270 degree rotational handles provide a variety of training options and include fingertip controls for both lower and upper body resistance
- Comfortable 6-position reclining seat back
- Unique step-through design allows easy access
- Dual drive system allows user to set upper and lower body resistance independently



TECHNICAL DETAILS	
Unit Weight	355 lbs / 161 kgs
Dimensions (LxWxH)	72 x 34.3 x 48.4 in / 183 x 87 x 123 cm
Resistance	20 Levels
Max User Weight	500 lbs / 226.8 kgs
Power Requirements	Self-powered
Plug Requirements	N/A
Readouts	Calories, Distance, Time, Speed, Calories per hour, METs, Watts, Leg RPM, Arm RPM, Heart Rate (Actual and Target), Resistance Levels
Features	Rotational handles reduce wrist stress Fingertip resistance control Easy access step-through design Comfortable reclining seatback Quick & easy pedal strap adjustment Independent upper and lower body Cardio Advisor Telemetry heart rate

WARRANTY	
Type	Full Commercial - no usage limit
Frame	Lifetime
Parts	5 Years*
Wear Items	5 Years*
Labor	3 Years*
High Wear Items	90 days, no labor*

